

ARRANGEMENTS FOR THE PREPARATION OF GLUTEN-FREE FOOD

Product selection, Storage & Equipment

Of course, we don't need to tell you anything more about basic hygiene measures in your kitchen, you are already an expert at that! If you decide to offer gluten-free meals, important tasks in the kitchen need to be adapted to this new scenario. In order to be able to offer gluten-free dishes in a safe way, the safety-relevant tasks in your kitchen are: selection of basic ingredients, optimal storage as well as premises and equipment.

BASIC INGREDIENTS

- ✓ Foods that are naturally gluten-free (including vegetables and meat).
- ✓ Processed foods that are gluten-free according to the list of ingredients on the packaging or that are labelled as „gluten-free“.
- ✓ Foods that come from the Schär Foodservice range.

If you feel unsure whether an ingredient is gluten-free or not, please ask your supplier, the local coeliac society or Schär Foodservice.

STORAGE

To ensure that your gluten-free ingredients stay gluten-free, it is necessary to reorganise the store cupboard so that cross-contamination can be ruled out. The most important basic rules are:

- ✓ Gluten-free ingredients or foods should be stored in airtight sealable bags and/or containers. This also applies to storage in the refrigerator or freezer.
- ✓ Containers for gluten-free ingredients should be labelled as such.
- ✓ Containers for gluten-free ingredients should be stored in a separate, higher located shelf to avoid contamination from possibly falling products containing gluten.

EQUIPMENT

In order to avoid cross-contamination of gluten-free products, it is recommendable to physically separate the preparation area used for gluten-free and gluten-containing dishes.

Alternatively, processes in the kitchen can be adjusted so that gluten-free dishes are prepared before gluten-containing ones. In this case, a very thorough cleaning is essential before preparing gluten-free dishes. It is advisable to use a set of work utensils such as food processors, containers and small appliances exclusively for gluten-free preparations. Materials such as stainless steel and silicone are recommended because they are easy to clean. Instead, wood is not suitable because, like liquids, gluten easily settles in cracks and joints.

The cleaning is a very important step and the following must be observed:

- ✓ To keep surfaces clean, alcohol-based cleaning products should be used.
- ✓ Cutlery and crockery must be cleaned in the dishwasher.
- ✓ Dishcloths, sponges, dish and hand towels must be free from gluten and should be used exclusively for gluten-free areas and kitchen utensils. These must be labelled and regularly washed as boil wash (90°C). Alternatively, paper towels can be used and then disposed of.